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SHORT ACCOUNT OF  
Sir Astley Cooper's  
**VITAL RESTORATIVE**

THE ONLY ACKNOWLEDGED  
**SUCCESSFUL REMEDY**

FOR THE REMOVAL OF  
General, Local, and Nervous Debility,  
CONFIDED TO  
MESSRS. HARVEY AND CO.,  
Consulting Surgeons,

(REGISTERED UNDER THE NEW MEDICAL ACT,)

44, WEYMOUTH STREET,

(One Door from)

PORTLAND PLACE, REGENT'S PARK,  
LONDON. W,

*With Extracts from "THE GUIDE TO MANLY VIGOUR."*

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1863.

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## P R E F A C E.

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The science of physiology teaches us that the human body is constructed upon the most exact mechanical principles, and the more perfectly it is understood, the more is our wonder excited at the power and goodness of that Being to whom it owes existence: but like every other complex machine, its very perfection renders it more liable to derangement, and imposes an additional obligation upon its possessor, to preserve and regulate it with the most scrupulous attention,—to use it carefully with a due regard to its powers,—and to watch over and protect it from injury or accident, with the greatest care and vigilance.

To unveil, therefore, and to distinguish truth from error, and to point out and correct false opinions which have given rise to practices of the most injurious tendency as regards our health, strength,

## PREFACE.

and peace of mind,—to bring to light and enforce upon the attention those irrefutable evils which mankind, from the love of ease, and indulgence of certain contracted habits, are disposed to, till roused by the actual feelings of mental and bodily sufferings,—to endeavour to establish such fundamental principles, as may serve to eradicate the deeply-rooted vices which oppose themselves to every dictate of nature, and thereby reclaim the strayed ones to the path of virtue and rectitude, are the ends here had in view.

44, WEYMOUTH STREET,

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PORTLAND PLACE, REGENT'S PARK,

LONDON. W.



## Sir Astley Cooper's Vital Restorative

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The Almighty did not originally create man weak and ailing, nor do we learn from ancient history that he began to deteriorate till very many centuries after his creation ; but, on the contrary, attained an age far more advanced than those of the present generation, in the fullest enjoyment of health and manly vigour. What is the cause of this miserable change ? Why does such a frightful catalogue of ills now assail him ? A departure from the purity observed by our forefathers, and an adoption of an unnatural and artificial mode of living.

The multiplied evils, pains, and sorrows, detailed in the ensuing pages, form a melancholy, yet faithful transcript of the *consequences of* VICIOUS INDULGENCE, affording the strongest evidence how widely extended are the sufferings arising from perversion of the nervous and mus-

cular systems, for, of all the ailments of which the human system is susceptible, there are none *more certainly destructive*, more various or diversified, either as to their nature or their seat, than those resulting from self-acquired habits, and the *immoderate loss* of the system's *most important fluid*. The varieties, arising from differences of habit, age, or station, may affect the *intensity* and *severity* of these affections, but the basis of them is identical in all, requiring a treatment which admits of no modification beyond that specified by personal circumstances. In their earlier stages, we find them so insidious and concealed, as often to escape observation, excepting to that of the practised eye accustomed to their detection and cure, frequently bearing the resemblance of other affections, and assuming, in turn, the character of several of the most fatal maladies.

We are confident that the following pages will be found most useful to the unwary and thoughtless. To

the absence of those all-important warnings the general practitioner neglects to give, may oft be ascribed the long chain of evils which will be hereafter enumerated. The source of many complicated disorders resulting from a vicious course of life is often well known to the sufferer, who conceals within his breast the secret, he hesitates to reveal. To such a cause is not unfrequently attributable the incapacity of those unhappy beings who, in the apparent enjoyment of health, have been suddenly arrested by the total loss of manly vigour, and thus rendered incapable of participating in those duties which are among the most sacred of human nature. Numerous are the instances of *premature decline*; of manhood sinking into the grave *from early excess*; of youth chained by noxious indolence and complete imbecility, caused by self-sought ruinous practices, the only hope cherished, that science will restore the ebbing energies.

We have been induced, for many years, to forego the routine of general practice, for the sake of devoting ourselves exclusively, to a much neglected and yet most important department of private practice; and when we reflect upon the dreadful consequences,—the welfare of mankind,—the perpetuation of hereditary debility through distant generations,—the pangs and miseries which Sensual Indulgence inflicts upon the poor votaries of delusive gratification,—we cannot fail to perceive that ours is a selection of study superior in every way to any that can employ the human faculties, since there is none more fitted to excite the sympathies that arise from the contemplation of the multiplied woes of the feeble, the languishing, the desponding, and the solitary. When we have found the results of our own observations to run parallel with the recorded suggestions of practical writers, we have not failed to seize upon all that has been useful or applicable; and, on the other hand, no

authority, however high, or defended by long prescribed rules, has been sufficient to chain us within the trammels of old-fashioned custom.

The consequences of youthful indiscretion, as well as the apparently forgotten traces of hidden losses, are painfully recalled to recollection in after-life; and many serious complaints are altogether unsuspected, both as to their nature and origin. In this way, debility of the local organs is often maintained by a cause which could easily be remedied, if known or avowed. Fortunate indeed is the man who, in attempting to avail himself of that assistance which is within the legitimate application of science, escapes the dull, useless routine of the mere general practitioner, who, without the slightest familiarity with the first link in the chain of microscopical, and analytical evidence, boldly prescribes the medicines which are sanctioned by general custom, and leaves the miserable patient to the last chance of surviving, *not merely the conse-*



*quences of self-sought indiscretions,* but the MISAPPLICATION OF SUPPOSED REMEDIES.

Our most earnest wishes will be amply realised, if, while we attempt to direct PARENTS, GUARDIANS, HEADS OF FAMILIES, and *Directors of Public Schools* to a careful study of the subject of this little work, we shall have been instrumental in checking the spread of those evils which we deem it part of our duty to alleviate and cure.

Among the complaints which fall under the cognizance of the physician, or surgeon, there are none more neglected, none less practically understood, than those slow, and insidious maladies which often at first produce no very sudden, remarkable, or violent changes : and of this class the forms of Indigestion and Consumption in all their varieties, resulting from secret inadvertency in youth, or from sensual excesses, are decidedly most to be noted. These ailments, and many others, in most cases are attributed to any

cause with the exception of the correct one, such diseases proving mortal not so directly because of their inveteracy, but from having, perhaps, existed for some time in the constitution without their secret source being known. A malady once understood, is in a fair way towards removal; a baneful habit detected and prevented, by necessary remedies, no longer entails upon the sufferer the mischiefs which are perpetuated in its train. It is therefore a matter of the gravest importance, and absolutely indispensable, to ascertain the secret springs of action and habit. The neglect of these has entailed failure upon the generality of those practitioners who have upon supposed surmisings attempted the removal of maladies consequent upon hidden practices, which the patient could not be induced to reveal, and which, in the absence of that necessary *tact*, could not be arrived at by men unfamiliar with such enquiries.

That these premises are true, is, unfortunately for the world at large,

sufficiently proved in every day life, observeable in the absurd treatment pursued in absolute ignorance of the principal cause of derangement, from which the most important organs suffer. What are Sir Astley Cooper's observations on this most engrossing subject? whose abilities as a practical physician were only equalled by his acquired learning and innate knowledge of human nature, he says:—  
“There is a vast deal of injury done, not merely to public morals, but to individual health, by the abuses and excesses of the reproductive functions; the primitive fathers and physicians have duly noticed the evils to which I allude, and every experienced medical practitioner can attest their frequent occurrence. *It is all well for sentimentalists and the mock modest to declaim about a notice of them, but justice, morality, and the preservation of health, as well as the perpetuation of the human race, demand it.* Such, however, is the hypocrisy of the day, that even a notice in a dead language is abused and condemned by the



ignorant and intolerant, who are unable to appreciate the importance of the subject." We say, then, it is absurd to expect rational treatment in these melancholy cases from practitioners who are ignorant of the cause of the disorder, from want of practical experience.

A diseased condition of the brain, stomach, or nervous system, will manifest itself in a tendency to nervous irritation, and a long train of hysterical, epileptic, and similar ailments, not excepting incipient insanity, or perhaps in breathlessness, cough, emaciation, and all the apparently genuine symptoms of Pulmonary Consumption. Such morbid condition of these organs is often only SECONDARY; and, therefore, when a patient complains of uneasiness in one or other organ, it is our duty to watch narrowly whether the part affected suffer from a cause resident there, or by consent and sympathy with some distant and abused organ. If this distinction be not observed, no cure can be effected in any in-

stance. It ought to be received, therefore, as a fundamental truth, founded on the experience of years, and on the fatal yet silent sufferings of thousands now entombed in the grave, that all parts of the human body may fail in their office and true performance of their relative duties, either by a deficiency in their own, or deprivation and injury from other parts; and this is observed in all these cases consequent upon vicious and perverted conditions of the muscular and nervous systems, when they fall into the hands of men who, adopting this preliminary maxim, have not made these special ailments the objects of their peculiar and exclusive study.

It is for this reason that patients languish so long under the hands of the general practitioner, waiting in vain for relief, inasmuch as it is consistent with the practice of the day, rather to administer for *symptoms* than for the actually existing and precise condition, of which such symptoms are only the index, uneasy

sensations in this part or that, are prescribed for, whilst nothing is thought of remoter sympathies, concluding with the fallacious opinion that, where pain is, there the disease exists—oft times a serious mistake; as, for example: pain in the head may arise from fulness of the blood vessels, as it may also occur from an exactly opposite condition, most commonly from irritation, either seated in the stomach, spleen, liver, kidneys, and other vital organs; and this in consequence of the fact, that the *nerves* prolonged and spreading through this vast variety of organs have all one ultimate centre of union, namely, the brain and spinal marrow, *from* which it would be correct to say they originate, or *to* which it would be equally correct to say they converge.

The latent and dangerous progress of certain affections, when their origin has remained undiscovered, not alone undermines the health, but eventually hurries its victim to an untimely grave, originating in one sole and exclusive cause: namely, a cer-

tain and perverted vicious habit, entailing a living death upon its pitiable votary, for many a dreary year.

The observations long experience has enabled us to make relatively to this subject is, that disorders of the digestive organs, as well as those connected with breathing, namely, the lungs and heart, consist not always in actual perversion or incipient change of structure, but rather (as the result of a *reflected irritation*) in a weakness of the affected parts, accompanied by a deficiency or depravity of the fluids secreted by them, and upon the healthy qualities of which the due and harmonious performance of their functions entirely depends.

We often find the impaired faculties of one generation imparted to succeeding ones, thereby producing a degenerate race whose powers fit them for existence only, but not for that which may be termed life, in the full acceptation of the term. For many of these we often prescribe, and find them complain of the following symptoms : melancholy, dejection,

restlessness, desire of change, disinclination to physical or even mental exercise, craving for solitude, in order to feed on thoughts the subject of which renders them still more wretched by being brooded over alone. Self-reliance is lost, together with muscular power, lassitude ensues, fatigue and pains in the loins follow, (increased on using the least exertion,) and the eye which erst was bright becomes glassy, the lids shroud it from the glance of others, whilst a dark circle increases the already unhealthy appearance of the face, and the digestive organs suffer most acutely from weakness, and the very coats of the stomach are ultimately injured by the want of that necessary gastric fluid, which should enable it to perform the operation of deglutition.

The frame sinks under the weight of care, dejection, hopelessness, and self-reproach; solitude is sought, when the mind recoils from the painful knowledge that utter incapability must soon doom to lonely wretched-



ness the warm heart, that would seek its greatest happiness in fulfilling the instinct of its natural want and obligation. Too soon will the fabric be totally destroyed, by physical and mental exhaustion straining each nerve, atrophy withers and wastes the last remaining stay (the spinal cord); and the tottering structure must sink and fall, if not prevented by the necessary remedies.

Great will be the advantage derivable from one who has made nervous diseases his special practice and study, and who, acting the part of a mentor, will gently but firmly lead the patient on the road to health, stimulating him by medicine and advice, aiding him when he stumbles, and re-assuring him when he despairs: constantly striving to keep the physical and mental capacities in a right path until they have regained sufficient strength to steady themselves, and thus putting the patient in the best position to profit by moral advice and medical knowledge.

Mental and physical inadvertencies in youth must be followed by serious consequences in after life, which, when increased (as in many cases) by intense study and sedentary occupations, give rise to numerous undefined symptoms, generally called by the vague term of "nervousness." In these cases, it has been found that the loss of some important secretion has been going on, often unknown to the patient, wasting his strength and laying the germs of severe afflictions, which, if neglected, must lead to most serious consequences.

Where certain self-provoked losses take place, we also very often find tenderness of the epigastrium when touched, sensation of faintness, flatulency, and distention, languor, palpitation of the heart, pains in the back and loins, etc. All these are the results of undue excitement affecting the central ganglia of the sympathetic nervous system.

This continued irritation will almost in every case be communi-

cated to the spinal cord, causing lowness of spirits, pains in the back and loins, and local and general prostration ; when repeated shocks take place, the human frame will not be enabled to bear up against the continued losses sustained ; and where once this artificial irritation exists, the sympathy will be felt by the kidneys and bladder, which latter becomes filled with an unhealthy and thickened secretion, containing sedimentary deposits, producing retention and non-retention, with a constant desire to void its contents.

The functions of the brain will also show that great constitutional disturbance exists, producing giddiness, headache, bashfulness, hesitation, timidity, involuntary blushing, etc., memory defective, the mind wavering, and the power of commanding wished-for ideas lost in vague and unsought-for trains of thought, rendering abortive that great prerogative of man, his free will, annihilating at its birth every high aspiration, which would enable him to undertake those great and



absorbing projects for which his spiritual part is so well fitted, when seeking to draw itself nearer to its native home by the inspiration of heaven-born works.

Let man take his lesson in faith from the wise adaptations of seeming contradictions, which place before him unlooked-for effects, seemingly at variance with the originating motive; even death's lesson is learned in our night's repose, and immortality itself in our dreams, by annihilating time and space.

Let the reader well consider the foregoing, and be assured that where complaints are engendered from certain habits, that *present excitement must be followed by future prostration*. Remember though the present may be light, the future will be dark, whilst the privation of to-day will bring the rich reward of to-morrow. He who soweth not too plentifully, will reap a certain rich harvest, but he who lavishes his land unsparingly, may be certain that no crop will reward his labours.

Amidst the most important actions of life, nothing can possibly be more injurious than that which arises from too frequent indulgence in the weakening practice acquired in early youth, fraught in after years with the most destructive and frightful consequences, dreadful in imagination, and in its exercise fatal to all present as well as future happiness; it lords itself over every virtue, and is so tyrannic in its sway, that becoming utterly master of all the nobler energies, the solitary victim once devoted to this fatal vortex laments too late the social compact of reason and sensibility destroyed, whilst power declines, and nerveless chilling apathy succeeds.

The evil consequences are unknown to many, not even anticipated; and should there be some distant foreboding, present excitement banishes the thought and fear of future sufferings.

The fascination of this unfortunate delusion most commonly assumes its sway at a very early period; the knowledge is frequently propagated

in whispers, or by example from boy to boy at school, where children are left, over which the preceptor can only exercise a limited control, and there intermix with others more precocious than themselves, exposed to numerous temptations, and requiring more than an ordinary amount of watchfulness to prevent the introduction, and afterwards to eradicate and avert the consequences of youthful indiscretions. It commits the most unrestricted ravages; and it must be obvious to all, that inasmuch as it strikes at the very root of society, at the decrease and deterioration of the human race, (by enervating and debilitating the springs of life,) disqualifying and impeding man for the sacred duties of marriage, no language can be sufficiently strong in reprobation of the individual, social, and national miseries resulting from that practice which is most odious and hurtful to man, and sinful in the sight of God.

Who can doubt of the great importance of that most essential

fluid in the animal economy ? or feel the slightest wonder at the amount of those evils which its imprudent and unnecessary evacuation is sure to entail upon those who are addicted to evil propensities. Where this is the case, the mind and the body, sympathising together, experience a complete exhaustion of their powers : the intellectual functions of the former forego their energy, move with sluggish pace, until at length they become arrested, and the patient is plunged into a state of irretrievable lethargy. The powers of the latter are excited by a corresponding impulse, the fluids become thin, poor, and scanty, circulating with languid movement, all the faculties of both become subject to pain, weakness, and decay. Perverted indulgence deadens the desire for existence, inducing misanthropic sensations, which absolutely unfit the sufferer for all the ordinary business and enjoyments of life ; nay, so absolutely is the victim oppressed by the wretched infatuation, that while

perfectly conscious of the rapid change that is taking place, he loses the moral power of self-control, or of making the slightest effort to recover his former position, in order to re-instate himself among the fellow-beings of his race. Torn by the contending passions of remorse and sensuality, he becomes moody, unhappy, ferocious, miserable, distrustful, suspicious, gloomy, childish, or often a strange medley of them all, presenting in the revolution of a few brief hours as many aspects of character as a fickle, uncertain, unmanly intellect is capable of. He is led away by an overwhelming infatuation, which exercises the most complete tyranny over his reason, and so becomes aware, that by his own act, he is self-degraded below the level of the brute creation.

What is he then? a secluded isolated being, only meditating on his own prurient and diseased fancies. Once, perhaps, there was the budding promise of future usefulness and activity, now how fearfully



changed, the dupe of a desire alike horrible in imagination as in reality? The blossom of youth, perhaps the flower of manhood, the supremacy of mind, all gone, degraded, obliterated. Some continue with feelings of dismay, having become conscious of its ruinous tendency, and though most desirous in consequence to resist, find on seeking legitimate means, to their deep horror that they are strangely and unexpectedly weak and powerless.

See, then, in this a striking fulfilment of the prophetic warning, "There is nothing done in secret that shall not be revealed," neither "hid" even from the recognition of mortals, that shall not ultimately be made, even to them, evident as the noon-day. Self-acquired indulgence entails upon its victims marks as legible as the scars of small-pox. How much more closely are these things perceptible to Him by whom all actions are weighed,—to Him who knoweth the secrets of all hearts, and from whose scrutinising

eye nothing can possibly escape? Can we produce a more fearful illustration of the stupefying effects than is evident in this: that the victim fears not, in the secrecy of solitude, when knowingly the gaze of God is upon him, to do that which, if caught perpetrating before his fellows, would force him to hide his head from observation, with confusion and shame. Dreadful depravity! strange perversity! *deliberately and secretly to poison the power of all manly and natural enjoyment*—to deprive, by a worse than suicidal madness, the power of judging between right and wrong—to entail living misery upon ourselves in this world, and condemnation in the next.

Nay, if we reflect ever so superficially on the ordinary laws of God's moral government and providence, if we think of the natural design and end of marriage in all countries, and the way in which it is evidently intended our species should be propagated, reason itself would instruct

us that *to destroy that end* must be offensive to God, and unpardonable against the well-being of society.

We will now quote the language of the late Sir Astley Cooper, (famed for the Vital Restorative, to which he gave his name,) whose eulogium it is not necessary to repeat, inasmuch as his judgment has been, still is, and for ever will remain a lasting authority. He was accustomed to say, in his public lectures, in reference to the above subject, "*If one of these miserable cases could be depicted from the pulpit, as an illustration of the evil effects of a vicious and intemperate course of life, it would, I think, strike the mind with more terror than all the preaching in the world. The irritable state of the patient leads to the destruction of life, and in this way, annually, great numbers perish.*"

The sole remedy universally acknowledged and prescribed throughout the kingdom by the most eminent physicians, (of London and Paris,) is Sir Astley Cooper's Vital Restorative, being the only one in-



fallible conqueror of nervous and muscular degeneration, &c. It has now been successfully administered in all cases where the vital power has been found wanting, from various causes, such as exhaustion, emaciation from the depressing influence of a tropical sun, enervation from a luxurious mode of living, or debility and weakness, felt in after years, consequent on youthful indiscretion and inexperience; also, where the system has become weakened from illness, or where the blood has been impregnated with mercurial medicines or tainted by various impurities.

In all these several cases its action is wonderful, yet well known by men of science (from their analytical and chemical researches) since possessing those all-important and necessary qualities of enriching and purifying the blood, by producing the red-blood globules, from whence all the important secretions in the human structure take their source. It will thus be easily understood how the principal dete-

riorated secretions become purified, and of that natural richness and consistency, imparting strength and energy to the entire structure, thereby developing each individual fibre which make up the muscular system, and insuring that vigorous condition, so essential to the well-being of man in every stage of life.

Medicines have been brought before the notice of the public whose qualities were neither tested by experience nor practice, but in the case of the present one, each article contained in this combination is to be found in the London Pharmacopœia, and prepared according to the formulas therein prescribed. The Professors of the various Universities on the continent and in this country, have submitted the Vital Restorative to every known test, and after repeated and careful examinations, have awarded medals and high honours for its superlative goodness and unqualified purity and perfectly uninjurious nature, adapted for the most delicate constitution, under

every circumstance. What progress must Chemistry have made in being enabled to produce so life-restoring a medicine! The patronage Sir Astley Cooper's Vital Restorative enjoys is not confined to the medical profession and nobility alone, but has extended to the Potentates of the various Kingdoms, where the most eminent Physicians deemed it a duty incumbent on their professional position, not to neglect making mention of that which has become known as the greatest chemical combination for nervous and muscular debility. Had this most beneficent medicine contained that which rendered it for the time being of importance only, it would have justified all that has been spoken in its favour; but when it is found to possess, over and above, properties, (which like the grafted flower, becomes part and parcel of the stem,)—when it is found to have the power of concentrating its virtues, and whilst giving health, still retaining its own immediate individu-

ality; then indeed (like the otto of roses, which, whilst sending forth its odours, retains its native fragrance,) the Vital Restorative has taken a place far above all others as "*The Restorative.*" Once distributed in the organization, and but one drop remaining, its concentrated powers pervade the entire system, and never fail to insure those marked curative and radical changes producing health, strength, and longevity.

The Vital Restorative acts directly upon the brain and spinal cord, and speedily strengthens the whole framework of man, rendering it strong, and fitted to suit all his wants and desires. On the main spring of the watch depends the whole mechanism; when left untightened the action ceases, and the great work of art is but brass and steel, useless for its intended purpose. In the same manner when the spinal cord, attached to the brain, loses its natural vigorous state, the muscles become relaxed, and the body, as in paralysis, lies to

all intent and purpose like the fallen oak in the forest. Re-invigorate the primary motion and sensitive powers, restore activity to the brain and spinal cord, and behold the nerves act on the muscles, the muscles on the limbs, man once more takes his erect position, and by his bearing shows himself lord of the creation, "God's favoured masterpiece."

Those whose religious feelings tell them that nothing is created in vain, will easily understand the necessity of an antidote for every evil; and it would indeed be against the plan of an all-wise Providence if so sad a malady as nervousness had been left as an exception to the general rule. That which is most rare has to be sought for, and when found, like the diamond is often valueless, till the hand of man gives it that polish which makes it priceless; thus, though the ingredients for the cure of nervousness existed coeval with man, yet it required the inspiration of a genius to find and combine them in such a form as to render it the



greatest blessing to suffering humanity.

The Vital Restorative may be considered as one of those discoveries which immortalise the man, by the lasting benefit he is allowed to bestow on present and future generations. The impossibility of failure, the permanency of its action, the absence of all deleterious drugs, and its suitability to even the most delicate constitution, render it in the full acceptation of the words, **THE VITAL RESTORATIVE.**

This great medicine, when taken in the prescribed quantities, braces without over stimulating the whole of the muscular system, gives permanent tone to the nerves, and by its pure and unadulterated ingredients, (free from all injurious mineral matter,) acts directly on the blood, and by its astringent qualities, restores to their former state all the relaxed tissues of the frame, reviving nature's exhausted functions, and restoring health, nervous and muscular power, and manhood, under

every circumstance, and at every age, nourishing, fertilizing, and developing every necessary part of the human organization, thereby insuring to the mind and heart its fondest desires.

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Having received from Col. J. B. J. a letter, with statement of case, purely of a confidential nature, we leave its contents, and give those of the second, which will make intelligible that which the first contained.

Gentlemen,—Having told you in my first letter the cause of my malady, I need not again recur to that painful subject. I may now, however, add a brief account of the symptoms under which I labour, and which almost unfit me for the military duties I have to perform. In the first place, I suffer from general prostration of body, seriously affecting my mind; whilst on parade, I grow weary of the necessary restraint attendant upon the routine of exercising the corps; even the fifes and

drums are too much for my nervous system. I feel pains in the back and loins, and about the region of the bladder, also beating at the back part of my head, and palpitation of the heart, with a fluttering sensation in the regions of the chest, particularly when attempting to trot my horse or when walking fast, drowsiness whilst sitting down, but when retiring to rest a particular and intense watchfulness, causing in me the desire to rise and dress. My dreams continue to be of the nature described in my first letter, and at times I am even awakened as much as twice in one night. I feel dependant on everything and everybody, and society, which before had great charms for me, has become to me quite distasteful. These last feelings render me still more wretched, from family interests requiring me to enter into the marriage state, which, under existing circumstances, I dare not contemplate, it being quite impossible to undertake those duties which I shall have to perform. Should it be, as I believe it



is, in your power to restore me to health, I shall be most happy to take every necessary step for that purpose.

Trusting, Gentlemen, you will by this time have understood my most distressing case, and in the hope of some speedy relief at your hands,

“I remain, Gentlemen,

“Your most obedient Servant,

“J. B. J.”

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About five weeks after the following letter was received, from which will be gathered the certainty that a very short time would be required finally to restore J. B. J. to as sound a state of health as he had ever enjoyed. This case was most interesting, from the length of time the malady had existed.

“Gentlemen,—I know not how to express my gratitude for the immense benefit derived at your hands, from the remedies you have sent me; my health and strength have been daily returning, and a most visible change has taken place in my personal ap-

pearance, observed by many of my friends ; I know not how to acknowledge the obligation I owe you. I beg you will forward me another packet of Sir Astley Cooper's Vital Restorative, which, if equally successful as the last, must, I am sure, render me quite well. Whilst most anxiously waiting the further supply,

“I remain, Gentlemen,

“Your most obedient, and very  
grateful Patient,      “J. B. J.”

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In all cases of nervous relaxation, and general and local debility, Sir Astley Cooper's Vital Restorative finds its way to the minute distended and relaxed vessels, nourishing, germinating, and fecundating, whilst commingling with the combined secretions, whilst its astringent qualities insure the retention of that most important fluid of the human frame, which, like the oil in the lamp feeds the wick, and lights the flame.

Soon the dormant functions are awakened, the weakened nerves strengthened, the relaxed muscles regain their tension, and lost vitality

is restored in every part of the body, whilst the secretions of the Vesiculæ Seminales and Prostrate Gland, which were before scanty, deteriorated, and of a thin watery nature, become copious, prolific, and of an albuminous consistency, perfectly adapted for their reproductive office.

In advanced age, when as a natural consequence the secretions are more sparingly elaborated, and in cases of those whose muscular systems are but imperfectly developed, and where power is all but lost, the necessary physical force is not alone promoted, but rendered permanent, increased action is established, and the vigour of former years restored.

When Sir Astley Cooper's Vital Restorative is taken into the system, it acts at once upon the spinal cord and brain, and thence spreading itself through every part of the body, causes all the secretions to be increased and their quality rendered prolific, and of a proper consistency for the due distribution of all necessary purposes. Innumerable

maladies are at once checked at their source, whilst the general health is re-established; each organ is rendered capable of performing its intended office assigned by nature, and whilst the system is re-invigorated, the flesh regains its firmness, the muscles their tension, the nerves their tone, and the blood its original purity; new life is felt, and the buoyancy of youth once more raises the spirits of the before-nervous, prostrated, and exhausted.

As the ray of light penetrates through the smallest crevice,—as the water soaks through the earth, and the scent finds its way invisibly by the olfactory nerves to the brain, so Sir Astley Cooper's Vital Restorative revives, penetrates, enriches and vivifies every part of the nervous and muscular systems, till its purposed end is attained.

From the absence of all strong irritants, the nervous system is not too suddenly roused, but gently awakened from its lethargy, and the seemingly imperceptible progress is

rendered certain by its steady action.

One of the many advantages to be derived from the Restorative, is in its immediately assimilating with the food, promoting the secretions necessary for digestion, and every other vital purpose, enriching the blood, and by its searching properties re-energising the whole of the emasculated system. Its admixture with the contents of the bladder, kidneys, and prostate gland, neutralises all sedimentary and unhealthy deposits, clarifying the clouded and muddy secretions, and restoring the same to its native, pure, clear, and natural state, at the same time lubricating and renovating the delicate lining membrane of the kidneys, and other important organs. It further restores the muscular fibres when they lose their contractibility, and become flaccid and pendulous, whilst a distressing sense of weight is felt, so often described in homely phrase, as a "dragging pain," mostly brought on in the first instance by youthful inadvertencies, followed by a debilitated state



of mind and body, which, having drained the fountains of vitality, terminates in enervation, exhaustion, and total prostration.

To those residing in tropical climates it becomes indispensable, from possessing those vital properties which revive the dormant functions when relaxed and weakened by heat, and other causes whose origin is too well known to require detailed explanation. It is at present the great reinvigorating panacea, largely used by the natives of the East and West Indies, whose religious and political laws render them subject to that peculiar state of mental and bodily incapacity so prevalent in those countries, as well as in Turkey and Greece.

Who is there that has not at some time or other been filled with undefinable emotions of exhilaration when ascending some high mountain, caused by the rarefaction of the air imbued by the lungs, and consequently pervading the whole of the nervous system? It is this most

desirable state of healthy and buoyant sensation which is so often sought for in vain at the watering places of England, and the highlands of Scotland, which is now placed within the reach of all by Sir Astley Cooper's Vital Restorative. Its all-powerful combination no sooner becomes absorbed in the system, than the whole organisation changes. It neutralises vicious humours, which, like the stagnant waters of the pool breed infection and disease, but which are by deodorisation rendered pure and wholesome. Nervous complaints, daily increasing, required an antidote to meet that self-made scourge of humanity, and as in the case of small pox, no sooner had this last mentioned frightful disease become prevalent, than a Jenner proclaimed to an incredulous world that vaccination was ready to arrest the progress of this fearful malady.

The Faculty of his time, less liberal than that of the present, opposed by every means a remedy which set

aside their services ; but in our days, when the press has the power of making known every critique and disquisition on any new and important discovery, Sir Astley Cooper's Vital Restorative was at once acknowledged unanimously by all as the great Reinvigorator of the Nervous and Muscular Systems ; the readiness of every Academy and Medical College, abroad and at home, to proclaim its marvellous virtues, and the ratification it received individually from the profession, by being continually prescribed in cases where other medicines have before been used, has made the Vital Restorative, like cod liver oil, chlorodyne, and other important remedies for certain special diseases, the only one that can upon all occasions and under every circumstance be relied on, as being safe, certain, and permanent.

In taking the Vital Restorative, the system undergoes a peculiar and marked change, its powers being directed to those parts which are the source of action and sensation.

Nothing has tended so much to the fame of this medicine as its certain success in those complaints, which strike their root so deeply in the constitution, and are so fatal to the happiness of mankind. In all these cases it restores and preserves the body in health and strength, and most effectually prevents premature decay, over and above renovating the most shattered constitutions at every period of life, in an incredibly short time.

The following letter will be interesting, by pointing out the advantages to those who, like C. J. F., are affected by change of climate.

“Calcutta.

“Gentlemen,—Before coming to this country my health was very good; after staying here for about two years, I began to suffer from a dull pain in the back, which our Army surgeon pronounced to be disease of the liver. I had continual headache, perspired very much, and had often attacks of diarrhœa, and most distressing pains in the

loins, back, and bladder. Having been fortunate enough to try some of Sir Astley Cooper's Vital Restorative, I found myself gradually improving. I am very desirous of further strengthening my constitution, and will, therefore, feel much obliged by your sending me a five-pound case, which will be received and paid for by Messrs. Smith, Elder, & Co., of Cornhill, who will forward the same to my address. Requesting you will not omit an early reply,

“ I remain, Gentlemen,

“ Your obedient servant,

“ C. J. F.”

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The following case, if left to itself, could not but have terminated fatally, since its cause had not been treated, but only the consequences.

The Hon. G. B. P., was a severe sufferer from nervousness and gradual decay of strength; having become worse, he left for Como. He had the best advice the place could afford, but the remedies were powerless



over the malady, which secretly undermined his constitution. It was at last found necessary to remove him back to Milan (from whence he had come). The wasted form of the once well-formed young nobleman, was most pitiable to behold. The glassy and sunken eyes, the white but fleshless hands, the bloodless lips, and many other marked indications, showed but too plainly, that unless some speedy relief was found, dissolution would soon follow. Sir Astley Cooper's Vital Restorative having been fortunately tried, acted with that success which ever attends its use. Five weeks had scarcely elapsed before the Hon. G. B. P. took his homeward trip in Sir James G.'s yacht. On his arrival in town, he expressed himself most gratefully for the wonderful relief Sir Astley Cooper's Vital Restorative had afforded him, and also for the mode of living we had prescribed, which materially hastened his recovery.

When the ravages of years have been at work, even then the weakened

and debilitated feel its influence, and all are equally benefited by its reinvigorating properties. To man this great medicine is the anchor of hope, to which he may safely moor his frail barque,—the rock upon which he may build, with the certainty that the foundation will not give way. Its power is not lessened by time, nor weakened by foreign bodies; on the contrary, its neutralising powers are such, that should any injurious medicine have worked illeffects, Sir Astley Cooper's Vital Restorative by its action at once restores to its normal state the blood and all other secretions, thereby insuring to the nerves and muscles their former natural tone and vigour, the loss of which not only causes a variety of symptoms, but diseases, whose termination cannot be hoped for without some dire calamity. By its most potent, curative, and enriching properties, man reduced to a shadow becomes a substance, and the living substance, regaining health and strength, is assured of manhood, that prerogative without which life

is a blank, and existence a burthen, though blessed with all besides.

From numerous letters in our possession, a few only have been selected, the size of the present Work limiting their number. For more detailed and lengthened information, we must refer the reader to our larger work on this most important subject, namely, "HARVEY'S GUIDE TO MANLY VIGOUR."

"Gentlemen,—I beg you will send me a £5. case of Sir Astley Cooper's Vital Restorative, since I am desirous to avail myself of the advantage of your advice, I enclose full statement of my case, together with bottle, in order that the contents may undergo the necessary microscopical examination; your report on which I anxiously await.

I am still suffering from decay of strength, and local muscular debility. Please send me that which I may require immediately by the earliest vessel.

"I remain, Sir,  
 "Your most obedient Servant,  
 "T. S. H."

The virtues of Sir Astley Cooper's Vital Restorative are daily demonstrated by the immediate and permanent eradication of nervous debility. Its effects are safe, certain, and lasting, insuring a sound and robust state of health, wherever a deficiency of natural vigour has for years existed.

It is perhaps not generally known that certain medicines may have the power of checking disease, which for the time being may render a patient satisfied as to his supposed good state of health, yet make him a greater sufferer in after years, when the frame has become less capable of battling against the increased evils. We thus at times see a certain class of men, who with impunity will for a time make use of spirituous liquors, retain a seeming good health, whilst in reality they are only kept up by increased stimulants; these after a while become subject to attacks, which mostly terminate in delirium tremens, owing to their former intemperance. Thus it is

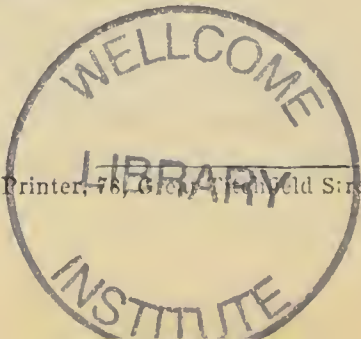
with those who have taken mercury, which is unfortunately administered in this country in very large doses, and under different names, in order to mislead those who object to taking it from personal experience. This dangerous mineral drug is continually prescribed, serving its temporary purpose, but remaining in the system for very many years after. How many are there who, having resided in tropical climates, return to their native homes with broken constitutions, their blood deteriorated and poisoned by the impregnation of this noxious mineral, given for liver complaints, and other diseases, who, had they been treated with a more safe, yet harmless remedy, might have looked forward to a green old age, free from those consequences which remain as an incubus to mar their present by fear of the future, causing pains and swellings of the bones, sensibility to atmospheric changes, weakness of the digestive and other organs, nodes on the shins, copper-coloured spots, sore and ul-



cerated throat, excoriations, eruptions, superficial and deep-seated ulcers, with many other symptoms that would fill a volume, and cannot here be mentioned.

Sir Astley Cooper's Vital Restorative neutralises the mercurial poison, purifies the blood, enriches each secretion, so that the circulation becomes freed from all taint, the muscular and nervous systems are re-invigorated, the various fluids are copiously and healthily secreted, insuring vigorous development, robust manhood, and the natural powers of youth.

As oxygen is necessary to the existence of man, so Sir Astley Cooper's Vital Restorative becomes indispensable to those in ill health, neither is capable of being replaced by aught else. Oxygen supports life, and Sir Astley Cooper's Vital Restorative promotes health.



## MOST IMPORTANT NOTICE.

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SIR ASTLEY COOPER'S VITAL RESTORATIVE can be had direct *only from the Proprietors*, MESSRS. HARVEY & Co., Consulting Surgeons, (Registered under the New Medical Act,) who may be daily consulted from 11 to 2, and from 5 to 8, and by appointment, at their Residence, 41, Weymouth Street (one door from) Portland Place, Regent's Park, London, W. Prices of Sir Astley Cooper's Vital Restorative, in Bottles, at 11s., or four times that quantity in one at 33s., and in £5. cases, effecting a saving of £1. 12s., and entitling each purchaser to a consultation, without a fee, personally or by letter, together with a most minute and careful microscopical examination and analysis with the test tubes, of those secretions which offer a certain and most important diagnosis, relative to the due state of the muscular and nervous systems. To be had personally, or forwarded on application by letter, to any address on receipt of stamps, or post-office order.











